

Crawford County Senior Gazette July 2020

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a lot
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Featured Article

John Cherven

"A Positive Person"

"I like helping people," John Cherven said, in his characteristically calm manner. "I try to be a positive person."

You don't need to spend much time conversing with John to find that if that's his goal, he's a successful man.

Born on the 4th of July in 1950, John is the third of four children, with two sisters and a brother. Raised in Roscommon, where he graduated high school in 1968, John said he was always good at math which led him to pursue it when he went to college.

"My uncle was a priest, and a professor at St. John Fisher College in Rochester, New York. My older brother had gone to school there, as well as a cousin, and though I could have gone elsewhere, I chose to get my degree there. I was a math major starting out but had more of a business concentration. It was an all-male school, and there was an all-female college just down the street, but they were beginning to go co-ed by the time I got there. I spent four years and graduated in 1972."

John's parents had operated two businesses, so he grew up "in a business atmosphere". Being a CPA was a natural choice for the math-minded young man. With his degree in hand, he worked for an international accounting firm in Rochester for a while; a job that included some regional travel. "I'm not much of a traveler," he said. "Since coming back to Grayling, I have never taken a vacation for more than 7 days. Once a year, for seven days. I'm always ready to come back."

The seven-day vacation even



applied to a trip to Europe he took with his father. "My dad was a WWII Veteran who had been in France and Germany during the war. 50 years after, I went with him to revisit the places he'd seen back then. My sister and brother-in-law were living in London, so we spent a couple of days there, and a couple of days in France and Germany, then came home. It was enough."

One place where John Cherven does like to go, and as often as he can, is the campus of Notre Dame University. "I was never really aware of it until my daughter, Alexis, was there. There's just something about that campus. It's beautiful... and when I step into it, I just feel at peace for a few hours. Since 1977 I have been to at least one Notre Dame football game every year. But I bet I have visited the campus more than 50 times, whether I went to the football game or not. Everybody has a place where they feel that peace. Some people like Sleeping Bear Dunes. Some people like Mackinac Island. I like Notre Dame." But he never stays over. It's a down and back trip for him. "I like to be home."

Home is a cabin on the AuSable. John isn't a fisherman, nor a hunter, he simply likes the river. "The river is always changing. Always moving. But it's always just there."

Of course, the AuSable is also home to the Canoe Marathon, which John has been involved with since 1983. "I'd been in town a year and was looking for something to do. Steve Southerland, who owned Ray's Canoe Livery said, 'come to a meeting.'" John smiled and shrugged, as though there was no more explanation needed.

The AuSable River Canoe

Continued on Page 5

zoom

Introduction to Zoom

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Walk in the Woods

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New to Medicare
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Find us by
searching for **Crawford
County Commission
on Aging & Senior
Center**

**HOURS OF
OPERATION**

**Monday - Friday
8:30am to 4:30pm**

**308 Lawndale St
Grayling, MI 49738**

**Phone (989) 348-7123
Fax (989) 348-8342**

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News from the Director – Senior Center Status – The New and the Old

The Crawford County Commission on Aging & Senior Center continues to closely monitor the Coronavirus respiratory disease. As of this printing, Governor Whitmer's Stay at Home Order has been lifted and many businesses have begun to open in some fashion. At this time, we anticipate continuing to keep the Senior Center closed at least through the month of July. Many of the surrounding Senior Centers remain closed as well.

When will the Senior Center open back up? Currently, Crawford County is in Phase 5 of the Governor's Reopening Plan. Older adults, who are considered "at-risk", are recommended to stay at home until Phase 6. Although we are taking decision making week by week, the Senior Center will most likely not open until we have moved into Phase 6. We are committed to taking all proactive measures in response to the COVID-19 pandemic, to ensure the health and safety of agency clients, caregivers, staff, volunteers, and community members.

Staff at the Commission on Aging continue to staff the office Monday – Friday 8:30am – 4:30pm. If you need assistance, please call the office at (989) 348-7123.

Congregate Meals will continue to be offered Monday thru Friday on a curbside take-out basis from 11:30am – 12:30pm. Meals can be picked up at that time for both lunch and dinner as well as meals for the weekend. Please call the COA at (989) 348-7123 between 9-11:30am to order your meal for take-out.

Meals on Wheels and In-Home Services will continue to be delivered as needed.

Have you participated in any of our on-line activities last month? Kaitlyn has been working hard to set up games and fitness classes for you to enjoy. In July, we are trying

to bring back several in-person fitness activities in an outdoor fashion. Please check out the articles in this issue regarding Walk in the Woods and Walk with Ease. Some of our existing fitness classes like Zumba and Aerobic Drumming may restart outside at the new Senior Center building too!

Speaking of the new building....we are moving forward with the renovations and addition to the newly purchased Senior Center. Lifespan Design Studio has been hired as our Senior Center Design Specialists to provide older adult specific design consultation to the Project Team which will consist of the COA, the Project Manager, the local design team, and the general contractor. As of this printing, the Project Manager will most likely also be chosen and we will be working on the RFP for the local design firm. Once that contract has been signed, we will be working on finalizing all the design work for final construction and issuing a public bid for the General Contractor. This process is anticipated to take about 3 months.

In the meantime, several COA staff have moved their offices to the new building so that those who have been working from home can come back to the office environment and we can all maintain our 6ft distancing. Our existing office space is too small for staff to maintain 6ft of distance. Good thing we are building a new Center!

If you'd like to have input on the new Senior Center design, please call or email me at director@crawfordcoa.org We will be looking at ways to get participant and community input for this project even as we are staying safe.

Be Well!
Alice Snyder, Director

Memorial Donations Made By:

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If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



Make a Donation
today by talking to a Commission
on Aging staff member.

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1x5 Actual Size
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2x5 Actual Size
\$100 Donation

Senior Center Wish List...

- Jugs of Cat Litter
- Bottles of Pump Hand Sanitizer
- Bags of Candy for Reception
- Cases of Bottled Water
- Reams of Copy Paper
- Laundry Soap
- Rolls of Paper Towels
- Toilet Bowl Cleaner
- Bathroom/Shower Cleaner
- Comet/Ajax
- All Purpose Spray Cleaner
- Chux (Chucks) Pads
- Adult Undergarment Pull-ups (Depends) - Large Size

Sponsoring Agencies



We are funded by senior donations, state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Important Phone Numbers

Social Security

1-800-772-1213 or

1-866-739-4802

Medicare

1-800-633-4227

Veterans Administration

1-800-827-1000

Alzheimer's Assistance

1-800-272-3900

Volunteers and Contributions received after June 18th will be acknowledged in the next edition of the Senior Gazette.

Crawford County
Commission on Aging
& Senior Center

**Make a Donation
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for a Lifetime!**

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: ☐ \$25 to \$49 ☐ \$50 to \$99 ☐ \$100 to \$249
☐ \$250 to \$499 ☐ \$500 to \$999 ☐ \$1000+

Method of Payment: ☐ Cash ☐ Check **Gift Amount \$** _____

- ☐ I would like to receive monthly emails about activities and events.
- ☐ I would like to be contacted about planned gifts.
- ☐ I would like to volunteer for the Commission on Aging & Senior Center.

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zoom

Introduction to Zoom

The Crawford County Commission on Aging and MSU Extension will offer an online Introduction to Zoom on **July 14, 2020 from 3:00-4:30pm**. We will walk through how to register for classes, log on, and use Zoom so you can take classes online.

As we continue to have more activities offered online including Zumba, Aerobic Drumming, and online games, we want everyone to be able to take full advantage of the opportunities. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

You can join in using a laptop or desktop computer, tablet, iPad, or smartphone. A call-in phone number is also available through Zoom, which functions like a conference call.

Classes currently being offered online include Tai Chi for Arthritis and Fall Prevention, Mindfulness, RELAX, Chronic Pain PATH, Diabetes PATH, and the National Diabetes Prevention Program. More classes will be available online soon. Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active.

Please join us! **Registration is required:** visit <https://msu.zoom.us/meeting/register/tJEqd-6vqTssGNcQfjif5bZqffS164-wlvxv> to register online. After registering, you will receive a confirmation email containing information about joining the meeting. Please call (989) 348-7123 or (989) 710-0554 for assistance registering, logging on, or with any questions.

United States® Census 2020

Be a Crawford County Hero

We have seen and heard of many local heroes lately. Doctors, nurses as well as some store employees who are considered essential workers, are putting their lives on the line for their community. We need one another now more than ever. Maybe you wondered if you could do something to help out in these unusual times. You can.

Every 10 years the United States takes a census to get an accurate count of the number of people living in the United States. Basic household questions such as how many people live in the household and their ages are included. Once this information is collected, important funding decisions are made for the future of our local community.

Population size and demographics can determine the size and direction of funding for hospitals, law enforcement, schools, etc. Population location helps to draw school and county commissioner districts as well as state legislative districts. Other decisions such as future housing needs, natural disaster planning, assessing the potential for the spread of communicable diseases rely on accurate census data. Over \$675 billion in federal funds will be distributed, approximately \$1800 per person. Let's make sure we get our share!

Each household has been mailed a form. It can be returned by mail or you can go on line to <https://2020census.gov/> and fill it out there. It takes less than 10 minutes. The deadline has been extended to October 31 2020. Be a Crawford County Hero. Fill out your Census 2020 form today!

Stay in the Know!



Sign up for FREE e-mail news about the Senior Center activities

Receive the latest information about the Senior Center events, classes, and programs delivered directly to your home via e-mail.

Signing up is easy; just send an email to

director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patron's contact information.

July Birthdays

Nancy MacDonald	7/2
Roy Wehnes	7/4
Dewey Corlew	7/5
Margaret Haynes	7/5
Ron Kemerer	7/5
Tommi Latoff	7/6
Kathy Shepherd	7/8
Ellen Helsel	7/9
Alice Burak	7/17
Delores Papendick	7/28

Get your birthday published in the Senior Gazette! Stop by or call the Senior Center & ask for a form!



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John Cherven

Written by Ann Rowland, Photos by Ken Wright, Main Branch Gallery

Marathon has been a big part of his life ever since. He discovered that four of his father's brothers paddled in the very first marathon, back when "it was just an idea. No one trained, you just raced." He's made long-lasting friendships, hosted teams in his home, served on the committee, chaired the scholarship program, and provided office space. He said it's the people that make the marathon, and Grayling brings the people. He said, "I've heard racers say, 'The challenge brings you here, but the people bring you back.'"

If that's true, then John Cherven is one of the people that quote is about. He's hosted one team, from Massachusetts for 11 years. "This year will be so different, without the race. But I think there will be paddlers who come just to be in the Holy Waters of the AuSable. "It's hard not to like this area," he said.

But the Canoe Marathon isn't the only

thing that makes John one of "those people"; he's been on the Boards of the Kirtland Foundation, the United Way, the Knights of Columbus, past president of the Rotary Club, and more. "I've slowed down," he said, but not because he doesn't care.

"I like helping people, and I get to do that as a CPA. With the COVID 19 pandemic, I find that I am busier than ever, mostly just trying to answer questions and listen. I think this time has given people an opportunity to look at the importance of family. I had 52 first cousins growing up. We made our own fun. I see families doing more of that right now."

In addition, he said he sees more support for local business. "I hope that continues when things 'go back.' I'm happy to be in Grayling. I like small town living, I like helping people, I always do more than my share, and try to be a positive person."

Virtual Caregiver Empowerment Event

The Region 9 Area Agency on Aging is presenting a two-part Caregiver Empowerment and Wellness Virtual Conference via Zoom on Friday, July 31, 2020, from 10:00 am to 12:00 pm and Friday, August 14, 2020, from 1:00 pm to 2:30 pm. All caregivers are welcome to attend this free, informative, and interactive virtual conference.

This event will replace the conference scheduled for July 31st at the Knights of Columbus Hall in Roscommon. With the status of the pandemic, Region 9's priority is to continue to provide support to local family caregivers that are unable to leave the home due to the Coronavirus by providing virtual options.

This year's keynote speaker will be renowned dementia care trainer and author of *Personal Positioning for the Caregiver*, Jill Gafner Livingston. Jill will be presenting on two important topics: Caregiver Survival and Understanding Dementia. Other topics include Caregiver Wellness, Adaptive Equipment, and Community Resources. There will be great door prizes given out at the end of each virtual conference.

For more information or to register please email mainvilleb@nemcsa.org, call (989) 358-4616, or visit www.nemcsa.org/services/senior-services/caregiver.html.



AASA Older Adults and Persons with Disabilities Survey

AASA wants to learn how older Michiganders and Michiganders with disabilities have been impacted by the COVID -19 pandemic. They are asking anyone age 60 or over and/or anyone with a disability residing in Michigan to complete their survey. The responses will help determine how older adults and persons with disabilities can best be supported in the upcoming months.

Visit <https://tinyurl.com/AASA-survey> to complete the survey online. The survey will close July 10. Please help share this survey far and wide, including on social media platforms.

Unfortunately, there are not paper copies available for this particular survey but it is possible for a proxy to complete the survey on behalf of an individual who for any reason cannot complete it online.



ZUMBA®

Zoom Zumba

Let's spice it up! The Crawford County Commission on Aging & Senior Center will continue to offer fitness classes via Zoom. Zoom is a FREE easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate.

Zumba will continue to be offered on **Wednesdays and Thursdays at 10 am for a 30-minute class via Zoom.** Zumba is a dance fitness class that focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms. It also combines muscle conditioning and cardiovascular exercise. **Modifications will be given to accommodate all skill levels.**

All classes are **free** of charge. If you are interested in attending or have questions, please email Kaitlyn (kgrieb@crowfordcoa.org) to receive the Zoom Room URL along with the password to enter the Zoom Room.



Mobile Pantry Distribution

at the Grayling Baptist Church

705 Madsen St.

Grayling, MI 49738

Distributions start at 11am

Thursday, July 9, 2020

Thursday July 16, 2020

Thursday July 23, 2020

Thursday July 30, 2020

The Grayling Baptist Church is also hosting a Community Food Pantry open 1-5pm Monday through Friday.

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Aerobic Drumming via Zoom

The Crawford County Commission on Aging will continue to offer Aerobic Drumming via Zoom on Mondays and Tuesdays at 10am.

Join us for a class that incorporates dynamic movements of aerobic dance to the rhythms of the drum. This class can be done seated or standing depending on your skill level. There are modifications given to make this workout match any skill level.

You will need an exercise ball, a bucket, and some type of drumsticks to participate in this class. You can borrow the equipment from our lending library at the Commission on Aging. Please call when you arrive at the COA and we will bring the equipment out to your car 989-348-7123.

All classes are free of charge. If you are interested in attending or have questions, please email Kaitlyn (kgrieb@crawfordcoa.org) to receive the Zoom Room URL along with the password to enter the Zoom Room.



Weekly Group Cycle

Dust off your bicycle, bring your pedaling feet, and don't forget your helmet! Come join Northbound Outfitters on **Wednesdays at 5pm**, the group takes off around 5 PM in the Northbound Outfitters parking lot, and rides out to Hartwick Pines State Park and back.

This is a ride at your own risk and pace, you can turn around or go the entire way, whatever fits your comfort level. No sign up is required just show up ready to pedal.

Due to path and weather conditions check with Northbound Outfitters via phone 989-348-8558 or find them on Facebook for weekly updates. Any skill level welcome!



Healthy LIVING WITH KAITLYN

Summer time is upon us in Northern Michigan. Time to get out our kayaks, take long hikes, ride our bikes, and enjoy the sunshine! While enjoying the sunshine it is important to keep your cool. High temperatures can cause heat related illness and in extreme cases death. Follow these simple steps to stay cool and prevent illness while enjoying the sweet summer sunshine!

1. Stay hydrated: Daily fluid recommendation varies based on age and sex. A general guideline is to drink half your body weight in ounces. For example, if a person weighs 140 lbs. it would be recommended they drink 70 ounces of water a day. However, with higher temperatures you should drink more than usual and do not wait until your thirsty to drink.
2. Sunscreen: Apply sunscreen to dry skin 15 minutes before going outdoors. Apply to the areas that are not covered by clothing. Sunscreen should be reapplied often by following the application guidelines on the bottle. Do not forget to apply a lip balm with SPF because your lips can burn just as easily! SPF of 30 or greater is recommended for your lips.
3. Clothing: Wear loose, lightweight, light-colored clothing to prevent from

overheating. Wear a hat with a 2-3 inch brim around all sides to protect your ears, eyes, forehead, nose, and scalp. Consider wearing sunglasses to protect your eyes and the delicate skin around them.

4. Limit Outdoor Activity: Limit your outdoor activity when the sun is the hottest. Schedule outdoor activities earlier in the day or towards the end of the day when it is cooler outside.
5. Find Shade: Stay in the shade to limit UV exposure. UV rays can still be harmful even when you are in the shade. Consider using sunscreen when in the shade to help protect your skin from harmful rays that could sneak through fabric umbrellas or bounce off pools, etc.

By following these simple guidelines, it will help reduce your risk of developing a heat related illness. You will be able to enjoy the sunshine and all the fun outdoor adventures Michigan has to offer during these warm summer months!

Information from: <https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html> and <https://www.cdc.gov/nceh/features/extremeheat/index.html>

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Add Years to Your Life & Life to Your Years

ONGOING SENIOR CENTER ACTIVITIES

<u>Activities</u>	<u>Fitness</u>	<u>Zumba</u>	<u>Table Games</u>
Bible Study Tuesdays, 10am	Aerobic Drumming Golden Beats, Mondays, 10am	Zumba Gold Tuesdays, 10am	
Bingo Medicine Shoppe Bingo one Thurs per month 3pm Penny Bingo, Thurs 1pm Pantry Bingo, Fridays 1pm	Clogging Beginning, Mondays, 12:30pm Regular, Mondays, 1:30pm		Bridge Mondays, 1pm
Birthday Dinner Tuesdays, once per month	Exercise Classes Stretch Fitness, Thurs 10am Equipped Circuit, Friday 10am		European Billiards Tuesdays, 1pm
Craft & Chat Club Wednesdays & Thursdays 10am	Line Dancing Tuesdays, 11am		Manjong Wednesdays, 1pm
Pool Ball-in-Hand, Wednesdays, 1pm Nine Ball, Fridays, 1pm	Water Aerobics Must call to register Tues 5pm & Weds 10am @ Grayling Super 8 \$5.00 charge per class		Mexican Train Dominos Fridays, 10am (starts Apr 17)
Wii Bowling Wednesdays, 1pm	Yoga Chair Yoga, Thursdays, 6pm Gentle Yoga, Tuesdays, 1pm		Pinochle Fridays, 10am
			Pokeno Thursdays, 10am
			Scrabblers Thursdays, 10am



Walk in the Woods Returns!

Walk in the Woods is back in action! Did you know a brisk walk can improve your mood, help you manage chronic conditions, and improve balance? Walking is low impact and can help maintain or improve your overall health. Walking does not require any equipment or fancy training; it strengthens your heart and boosts energy levels!

The Crawford County Commission on Aging & Senior Center invites you to join us **Tuesday and Thursdays starting on July 21st at 1 pm** to explore the beautiful trails around Crawford and Roscommon County. We will meet at different trailheads and walk as a group throughout the woods for 5 weeks. Because of trail and weather conditions, sessions may be cancelled or rescheduled.

It is time to bring out your shoes with arch support, a firm heel, and thick flexible soles, breathable clothes, bug spray, and your finest water bottle to walk your way to fitness! Although walking sticks are not provided, they are highly encouraged as they improve balance and stability and will aid you throughout the various trails we travel. We will begin each walk with a stretch to enhance performance and end each walk with a cool down stretch. Do not forget to bring lots of

water to stay hydrated during our trail adventures.

Due to the current pandemic, social distancing will be enforced on our walks. You will be required to fill out a health questionnaire which will be provided before each walk. If you are feeling sick, have a fever, or cough please stay home. Cloth masks are encouraged but not required as we will be outdoors.

If you have any questions or need more information please contact Kaitlyn Grieb at (989) 348-7123 or kgrieb@crawfordcoa.org. **You can join in the hikes at any time!** Check out our hiking locations below:

- July 21 – Hartwick Pines
- July 23 – Rayburn Trail
- July 28 – Hanson Hills
- July 30 – Wakeley Lake
- August 4 – Mason Tract
- August 6 – Marl Lake
- August 11 – No Walk
- August 13 – No Walk
- August 18 – North Higgins Lake Civilian Conservation Corp Trail
- August 20 – Tisdale Triangle Pathway
- August 25 – Gahagan Nature Preserve
- August 27 – Wellington Farms

Support Groups

11th Step Meeting - Open Meeting
Mondays, 7pm

St. Francis Episcopal Church, Grayling

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm

St. Francis Episcopal Church, Grayling

Addition Support Group

Thursdays & Saturdays, 6:30pm

Grayling Baptist Church

Adjustment to Vision Loss Support Group

2nd Monday, 9:30am to 10:30am

The Commission on Aging & Senior Center

Alzheimer's Support Group

3rd Wednesday, 11am

The Brook of Grayling, 503 Rose St.

For more info call the COA 989-348-7123

Choices (Anger Management)

Mondays, 4:30-6pm at **River House**

For more info or to register call 989-348-3169

Cancer Support Group

Every other Tuesday, 6pm

at **Grayling Baptist Church**

For anyone touched by cancer

Call Cathy at 989-348-8684 for more info.

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon

Sunday, Tuesday, Friday at 8pm

Women's Meeting, Thursdays at Noon

At St. Francis Episcopal Church, Grayling

Saturdays - Noon

At Grayling Township Hall

Thursdays, 8pm in the Crawford Rm,

Munson Healthcare Grayling Hospital

For more AA info call 888-596-0699

or visit www.area34district12.org

Grayling Al-Anon

Tuesdays 11am

Women's Meeting, Thursdays at Noon

St. Francis Episcopal Church, Grayling

For more info call Greg at 989-348-1382

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at **River House**

For more info call 348-3169

Munson Hospice Grief Support Group

3rd Friday, 11am

Munson Home Health, 324 Meadows Dr.

Narcotics Anonymous

Wednesdays, 8pm,

St. Francis Episcopal Church, Grayling

For more info call Ted 989-429-8100

Overeaters Anonymous

Call Patsy 989-348-3073

Personal Triumphs for S.E.L.F. Discovery

Thursdays, 5-6:30pm, at **River House**

For women suffering PTSD Symptoms

Call Barbara at 989-348-3169 to register

TOPS Weight Loss Class

Thursdays 4:30-6pm

St. John Lutheran Church, Grayling

More info, call Mary Kay at 989-348-1398

July 2020 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curbside Pickup Available! Call in lunch and dinner orders between 9-11:30am. Pickup is available between 11:30-12:30pm. Upon arrival remain in your vehicle and call (989) 348-7123 to have meal(s) brought out to you. Weekend meals are available to congregate meal participants if they get a hot meal during the week. You may receive up to 4 frozen meals for the weekend. Donations are still being accepted but the correct change will be required as we are unable to make change at this time.		1 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	2 11:30a-12:30p Lunch Hamburger, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	3 CLOSED FOR INDEPENDENCE DAY
6 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	7 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange 4:30-5:30pm Dinner Beef Tips, Brown Rice, Asparagus, Apple	8 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear	9 11:30a-12:30p Lunch Spaghetti & Meatballs, Peas, Apple, Breadstick 4:30-5:30pm Dinner French Dip Sandwich, Redskin Potatoes, Broccoli, Banana	10 11:30-12:30 Lunch Pork Roast, Baked Potato, Green Beans, Pear
13 11:30-12:30 Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Orange	14 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	15 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Apple 4:30-5:30pm Dinner Beef Enchilada, Brown Rice, Corn, Pear	16 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange 4:30-5:30pm Dinner Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	17 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
20 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple	21 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	22 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetable, Apple, Breadstick	23 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	24 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple
27 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	28 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Corn, Grapes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	29 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Kiwi	30 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	31 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple

July 2020 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Guest Under Age 60 Welcome! Participants under the age of 60 are welcome at any of our fitness classes, regular activities, or special events. However, in the event that registration at an event or activity becomes overly full, we are required to give preference to Crawford County Residents ages 60 and over. If you have any questions call (989) 348-7123.		1 10am Zoom Zumba 1pm PATH for Chronic Pain 3pm Cooking for One	2 10am Zoom Zumba 11:30am Tai Chi 3pm Cooking for One	3 CLOSED FOR INDEPENDENCE DAY
6 10am Aerobic Drumming 12pm Zoom Yahtzee	7 10am Aerobic Drumming 11:30am Tai Chi	8 9:30am Commodities @ St. Mary's 10am Zoom Zumba 1pm PATH for Chronic Pain	9 10am Zoom Zumba 11am Grayling Baptist Food Trucks 11:30am Tai Chi	10
13 10am Aerobic Drumming 12pm Zoom Boggle	14 10am Aerobic Drumming 11:30am Tai Chi 3pm Intro to Zoom	15 10am Zoom Zumba 1pm PATH for Chronic Pain	16 10am Zoom Zumba 11am Grayling Baptist Food Trucks 11:30am Tai Chi	17
20 10am Aerobic Drumming 12pm Summer Strides 2pm Zoom Bingo	21 10am Aerobic Drumming 11:30am Tai Chi 1pm Walk in the Woods @ Hartwick Pines	22 10am Zoom Zumba 12pm Summer Strides 1pm New to Medicare 1pm PATH for Chronic Pain	23 10am Zoom Zumba 11am Grayling Baptist Food Trucks 11:30am Tai Chi 1pm Walk in the Woods @ Rayburn Trail	24 12pm Summer Strides
27 10am Aerobic Drumming 12pm Summer Strides	28 10am Aerobic Drumming 11:30am Tai Chi 1pm Walk in the Woods @ Hanson Hills	29 10am Zoom Zumba 12pm Summer Strides 1pm PATH for Chronic Pain	30 10am Zoom Zumba 11am Grayling Baptist Food Trucks 11:30am Tai Chi 1pm Walk in the Woods @ Wakeley Lake	31 10am-12pm Caregiver Empowerment & Wellness Conference 12pm Summer Strides

Assistance to Help You Maintain Your Independence COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

by InTeliCare - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit with pedicure and nail care (visits—\$150)

or \$30 per visit - by Comfort Keepers

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by Advantage Audiology

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

Discounted cost for liquid nutrition with a prescription from your doctor.

Commodities Food Distribution

Monthly, 9:30-10:30am @ St. Mary's

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.75 cost.

Home Delivered Meals

(Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh

Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables.

T.E.F.A.P. Food Distribution

Quarterly @ American Legion Hall 1-2:30pm

May, August, November

Resources

Computers

Internet, computers, and printers are available at the Senior Center. You may use: Mon 8:30-4, Tues 8:30-7pm, Wed & Thurs 8:30-6, and Fri 8:30-4pm

Information and Assistance

Our staff are ready to assist you in finding answers to your questions or to assist you in finding available resources.

Legal Assistance

by Jason R. Thompson, Attorney at Law Office PLC

Free legal consultations available the 3rd

Thursday of each month from 1-4pm

Medicaid/Medicare Assistance Program (MMAP)

Trained counselors help seniors in deciding which health insurance options are best for them.

Medical Transportation

We can assist in arranging transportation for seniors who have no other means.

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

A monthly Senior Gazette which is full of information for seniors and their caregivers.

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course

Offered once each year.

Cooking for One

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered Aug and October in 2020.

PATH (Personal Action Toward Health)

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Offered June-July 2020.

Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

Stress Less with Mindfulness

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression, and anxiety.

Tai Chi

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down. Offered July 2020.

Walk with Ease

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

Wellness Initiative for Senior Education

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



How We
Served You
in May
2020!

At the Senior Center

- We served **593** Congregate Meals

In-Home Services

- Delivered **3,779** home delivered meals.
- Provided **53.25** hours of respite care.
- We provided **235.25** hours of homemaker services.
- We provided **81** hours of bathing assistance services.



Tune into the Community Calendar for our Calendar of Events
aired daily on all the Blarney Stone Broadcasting Stations or go
to q100-fm.com, north-fm.com, upnorthsportsradio.com,
or email calendar@blarneystonebroadcasting.com



Social Security Tips

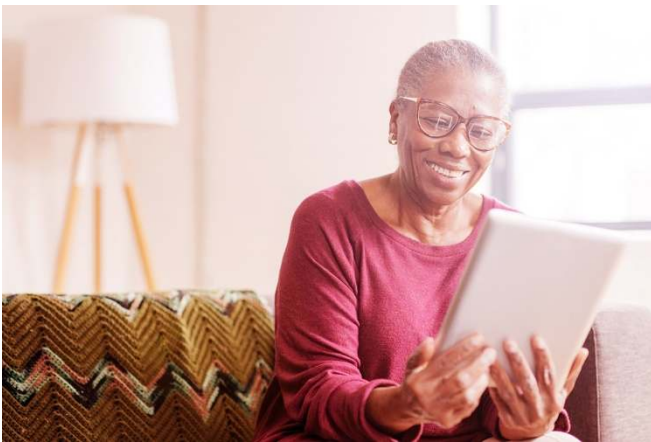
From Bob Simpson, District Manager
Traverse City Social Security Office

Ready to Retire? Apply Online with Social Security

It's never too early to start planning for retirement and our online tools can help. Go to www.socialsecurity.gov/myaccount to

access your my Social Security account to get a personalized estimate of your retirement benefits based on your earnings record. Once you have an account, you can use our Retirement Calculator, to check out how your benefits change at different ages. Don't have a my Social Security account? You can create one at www.socialsecurity.gov/myaccount or you can use our online Retirement Estimator to get benefit estimates at www.socialsecurity.gov/estimator.

You can also use your my Social Security account to see your entire work history to be



sure we have all of your wages recorded correctly, which is important because we base your benefit amount on the earnings reported to us. If you find an error with your work history, read this publication for more information: www.socialsecurity.gov/pubs/EN-05-10081.pdf.

When you're ready to apply for Social Security retirement benefits, you can conveniently complete our online application in as little as 15 minutes at www.socialsecurity.gov/benefits/retirement. We will contact you if we need any further information. You can check the status of your application through your online account.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you:

- Are at least 61 years and 9 months old.
 - Are not currently receiving benefits on your own Social Security record.
 - Have not already applied for retirement benefits.
 - Want your benefits to start no later than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance)
- Find out more about our online services at www.socialsecurity.gov/onlineservices.



Consumers Energy Giving Away Free Nest Thermostats

Consumers Energy is working with Google to give away 100,000 Nest Thermostat Es to Michiganders before the end of July. People who use the Nest E reduce their energy usage by up to 15 percent on average which translates to savings.

Consumers Energy customers who would like to receive a free thermostat must also enroll to take advantage of our Peak Power Savers Smart Thermostat Program. Your new Nest thermostat will sync with the program to learn your comfort preferences. On select summer days, they will pre-cool your home using your central air conditioner to help you use less energy when energy demand is highest.

To take advantage of this limited time offer visit www.ConsumersEnergy.com/freethermostat for additional information.

If you find you're ineligible for the Smart Thermostat Program, you'll receive a free Consumers Energy Care Package.



New to Medicare Seminar

Are you turning age 65 in 2020? Are you confused by Medicare? How does Medicare work and what does it cover? What options do you have to get the coverage you need?

Join us via Zoom on **Wednesday, July 22, 2020 at 1:00 pm** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay, and MMAP Volunteer counselors will discuss the various parts of Medicare including what is covered or not covered, Medicare Supplements and Prescription Drug Plans, and how Medicare recipients who have low income can get assistance paying for Prescription Drug Plans and the Medicare Part B premium.

For more information or to get the Zoom link email Tammy at tfindlay@crawfordcoa.org or call (989) 348-7123.



Commission On Aging Board Vacancy

The Crawford County Board of Commissioners is presently accepting applications for the Commission on Aging Board.

The Commission on Aging Board provides and initiates programs to help promote the wellbeing and independence of senior citizens within the county. The board participates in the many decisions which take place at monthly meetings. Applications can be obtained from and submitted to County Clerk Sandra Moore by Monday, July 6, 2020 at noon. Or may be obtained on line thru www.crawfordco.org and returned to Crawford County Clerk 200 W. Michigan Avenue, Grayling, MI 49738.

VOLUNTEERS we need you!
Take your leotard out of storage & iron your cape...
What's Your SUPERPOWER?



Drivers

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

Becoming a Meals on Wheels Driver is

the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags.



If you are interested in volunteering contact Melanie Conway at 989-348-7123.

Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.
We may resume when the Senior Center reopens for activities.

I M K O J E P Y O D F I A V B V W L T M S Y Q
P J X I P K L I N I E S T Y P R E H C R I B M
H I B O R V Y D S E Y D E C R E M A I I E S Z
B C M Y E Y A L S P K O J L K A N A I S Y L E
A A O Q D H I H K F S U U U N W A M G H J U E
N G G J I S O C W R V P V S U N M U L A A V J
A T A D C N I H P E O C L B A S K Y S H B W J
R M D I T A Y I J T U W G J T P P R E T I G S
E H O F L K Y S J O V A K Y R L W Z S U L C Q
S F R S X I J P R T R U S J O N B U R G E S S
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B A X G M O T F Q A B E L I A N L A Y O V E R
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U T C E P H S I F L I O R O N L F M N I H Q A
Q N S R B F E B E F Q N F O Z D D E E F K V Q
D A J G W T S Q H E O I F P Z G H Y T B O I H
O M I S E J H X I T S B E L V T Q T A T Q R V
U Q X M W P P X A A G M S E V M A N T E P G X
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P Z G T I D T U S Y S X W J X O O I D M E E A
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R Y Y V R Z D D I C A Y X O H E F L B P I F Z
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H K Q T P Q Y H I F B G W T Z E V W T Q E R R
F H X M H Y H N W R Y O O T X A C B N E V O H

1. abelian
2. abigail
3. addedly
4. agnomen
5. alumnus
6. amerced
7. anhinga
8. atropin
9. banares
10. bergsma
11. berhyme
12. bircher
13. brangus
14. burgess
15. bushwah
16. clamant
17. convoke
18. dentate
19. ducaton
20. earhart
21. elysian
22. embowel
23. epagoge
24. eremite
25. hancock
26. hennaed
27. iliadic
28. layover
29. liniest
30. manteca
31. mogador
32. mutular
33. oilfish
34. oxyacid
35. paviser
36. pomfret
37. predict
38. process
39. regraph
40. retotal
41. saunter
42. snakier
43. snowman
44. tissued
45. toparch
46. unadept
47. unpapal
48. virgate
49. vouvray
50. wallies

Cook's Corner Fruitastic Summer Smoothie Blast

Makes approx. 2 1/2 cups



INGREDIENTS

- 1/2 banana
- 1/2 cup frozen berries
- 1 6-oz. container strawberry yogurt

DIRECTIONS

- 1) Wash your hands and clean your cooking area.
- 2) Wash fruits before cutting into them.
- 3) Blend all ingredients well in a blender.
- 4) Pour into your favorite glass and enjoy!

Submitted by MSU Extension

To submit your recipe for the
Cook's Corner please email
svanduser@crawfordcoa.org or
drop off at the Reception desk!



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Jennifer Malicowski, D.D.S.

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Grayling Save a Lot

Purchase of

1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Whole

Limit 2 Please with coupon Valid July 1st, 2020
thru July 31st, 2020

2333 S. I-75 Business Loop 989-348-6690
Look for printable coupons at www.Save-A-Lot.com

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The helpful place.

For all your hardware, paint, plumbing,
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989-348-1003



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munsonhealthcare.org

1100 E. Michigan Ave · Grayling, MI 49738

The Importance of Gentle Movement

By Nicole Persing-Wethington, from Michigan State University Extension

Movement is important to our health. The Centers for Disease Control and Prevention recommends at least 150 minutes of moderate activity per week for older adults. Physical activity allows us to maintain health and independence longer. A stretching routine does not just benefit your muscles, it helps you reach the box on the top shelf. Cardiovascular exercise is not just helping your heart and lungs, it helps you to walk out to check your mail. Strength training does not just build or maintain muscle, but helps you lift the gallon of milk or bag of groceries.

Gentle movement is a wonderful way to begin an exercise program or complement your existing routine. Exercises like Tai Chi, yoga, the Moving Easy Program from Chronic Pain PATH, Matter of Balance exercises, Zumba Gold, and Cardio Drumming are all great ways to move safely. Walking is also a wonderful option. You can walk around



your living room, up and down your driveway, or on a path. Remember that the steps count whether they are on a track or walking in place. Check with your health care provider before starting a new exercise program or if you have concerns.

To promote movement, MSU Extension has a new Tai Chi for Arthritis and Fall Prevention website: <https://www.canr.msu.edu/tai-chi-for-arthritis/>. Tai Chi does not just teach traditional movements, it helps train the body to step safely, transfer weight, and improve balance. The website includes a referral form for classes. If you are interested in taking a class, you can complete the form and the coordinator will connect you with an upcoming virtual class from anywhere in the state. If you prefer to stay with local instructors, Kaitlyn and Nicole, you can call the Commission on Aging at 989-348-7123 for information on the next available class.



Commodity Supplemental Food Program

The CSFP food assistance program is made available in Crawford County by the Northeast Michigan Community Service Agency. It is a monthly distribution available to Seniors 60 and above who meet income guidelines (currently \$313/week for individual or \$423/week for couple). Individuals self-certify their income based on household size—no documentation is required but it is necessary to fill out a form with their information and their monthly income.

Upcoming distributions will take place once monthly on the following dates on Wednesdays from 9:30am-10:30am at St. Mary's Catholic Church, Grayling, MI in the Family Center:

- July 8th
- August 5th
- September 9th

If you are interested in learning more about either of these food assistance programs call (989) 358-4700 or send an email to foodprograms@nemcsa.org.

Powerful Tools FOR Caregivers Online Caregiver Class

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you! The classes give you tools to help with

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

This six-week class series gives you the confidence and support to better care for your friend or family member – and yourself.

This interactive online class will be **Thursdays from 1:00-3:00pm from August 6th through September 10th**. If you have any questions contact Nicole Wethington by calling (989) 344-3264 or email wethingn@msu.edu. **Register online by visiting <https://events.anr.msu.edu/ptcaugust2020/>**



Advance Care Planning for Healthcare

Since we never know what may happen on any given day and life can bring unexpected twists and turns, it can be difficult to know what decisions may need to be made. A little planning now will save those dearest to your heart unneeded stress later. The best time to talk about the type of medical care you may or may not want is when you don't need it. Attend a free workshop and we can help you:

Discuss health care decisions that may impact quality of life now, in the future, and at end of life.

Recognize the importance of choosing the right person to communicate your wishes if you are ever unable to do so.

Learn how to have conversations with loved ones about your goals for living a meaningful life

A page by page walk-through of an Advanced Directive with instructions for how to complete one.

If you have questions regarding Advanced Care Planning for Healthcare, need an Advanced Care Directive form, or would like to join one of Munson Grayling's free workshops, Please call Steve Peterson at (989) 348-0296 or visit advancecareplanning@mhc.net. Due to COVID-19 precautions, workshops have been temporarily cancelled. Please call for updates.

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- Brake Repair Specials
- Senior Discounts available for most repairs

Open Monday-Friday, 8:30am-5pm
4430 M-72 West, Grayling, MI 49738
(989) 348-3200





Summer Strides

Walking regularly can help reduce many different types of chronic pain. Join the Crawford County Commission on Aging for a **FREE six-week** evidence-based walking program. This program includes tips on safe walking, how to manage pain and stiffness, along with stretching and strengthening exercises. You will also learn tips on proper clothing and equipment, how to monitor physical problems, what to do when exercise hurts, and how to anticipate and overcome barriers. Walking is low impact and can help maintain or improve your overall health. Walking can also boost your mood and improve your energy levels.

Join us starting Monday, July 20th through Friday, September 4th. The group will meet Mondays, Wednesdays and Fridays. Each session will begin with a short discussion, warm up and gentle stretch, and we will conclude each walk with a cool down. For more information or to register for this class please contact the Commission on Aging at 989-348-7123. Space is limited; call to reserve your spot today.

Due to the current pandemic, social distancing will be enforced on our walks. You will be required to fill out a health questionnaire before each walk, which I will provide you. If you are feeling sick, have a fever, or cough please stay home. Masks will be **required** inside the building but will not be required outdoors.



MUNSON HEALTHCARE
Grayling Community Health Center
Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738
(989) 348-0314
munsonhealthcare.org/graylinghospital



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Senior Medicare Patrol Warns of COVID-19 Fraud

The Senior Medicare Patrol (SMP) has been receiving complaints of unsolicited callers using the fear and uncertainty from the COVID-19 pandemic to prey on Medicare beneficiaries. SMPs, who operate in every state, help beneficiaries prevent, detect, and report Medicare fraud, errors, and abuse.

Be wary if you receive an unsolicited phone call that offers:

- To send you COVID-19 testing kits, vaccines, prescriptions, supplies such as masks, creams, and hand sanitizer, or even a COVID-19 treatment package. Beneficiaries who give out their information sometimes get back or orthotic braces in the mail instead.
- A new Medicare card and COVID supplies in exchange for a Medicare number. Medicare will not call you to offer a new card or request information in order to issue a new card.

More Medicare insurance coverage. Insurance companies who do not already have a relationship with a beneficiary cannot initiate a call. Information about changes to Medicare coverage because of the pandemic can be found on this practice tip from the National Center on Law & Elder Rights.

Other examples of potential COVID-19 fraud that SMPs have seen are health care providers improperly diagnosing patients with COVID-19 in order to receive higher payment; people going door to door at senior housing to perform COVID-19 tests; and hospitals attempting to charge for COVID-19 antibody


tests. To protect yourself, it is recommended that you:

- Contact your own doctor (not a doctor you've never met who calls) if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, or home visits. Personal information that is compromised may be used in other fraud schemes as well.
- Be suspicious of anyone going door to door offering free COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of state or local government for other actions you should take in response to COVID-19.

Contact your local SMP for help. Contact and other information for SMPs can be found at smpresource.org.

For Medicare coverage questions, contact the local State Health Insurance Assistance Program (SHIP) at shiptacenter.org or 1-877-839-2675.

For more information and resources related to COVID-19 fraud, errors, and abuse, visit the SMP National Resource Center's COVID-19 Fraud web page.



MUNSON HEALTHCARE

Stroke Awareness:
Know the Symptoms
and BE FAST

B Balance: Sudden loss of balance
E Eyes: Vision loss in one or both eyes
F Face: Look for uneven smile
A Arms: Weakness in one or both arms
S Speech: Listen for slurred speech
T Time: Call **911** now

Minutes matter. If you see any of these signs of stroke, call **911** immediately. Learn more at munsonhealthcare.org/stroke.



COVID-19 Hotlines Available

State Agencies: Experts answering COVID-19 related questions

Michigan Department of Health and Human Services (MDHHS)

1-888-535-6136

8am – 5pm daily

Michigan Health Department

1-800-386-5959

Voicemail box—you should receive a response within 1-2 business days.

District Health Department #10

989-688-8614

Health Care Providers:

Call regarding signs & symptoms

Munson Healthcare

231-935-0951

Press 5 to speak to a nurse between 7am—7pm daily. Recording available 24/7

McLaren Northern Michigan

Get an opportunity to speak with a team member.

231-487-5550

9am-5pm daily

Mid-Michigan Health

1-800-445-7356

Community Resources

211: Calling available 24/7.

Text & chat available 8am-5pm M-F.

Counseling / Mental Health Resources

MDHHS Warmline

1-888-733-7753

Seven days a week from 10am to 2am

Get connected to a certified peer support specialist

Northern Lakes Community Mental Health

989-348-8522

Warmline: 800-492-5742

24 Hour Crisis Line: 833-295-0616

Access to Service: 800-492-5742

Customer Services: 1-800-337-8598

Visit www.mystrength.com

use code "NLCMHcommunity"

204 Meadows Drive, Grayling, MI 49738

GRACE Center

989-348-2544

6459 West M-72 Highway,

Grayling, MI 49738

Catholic Human Services

989-732-6761

2384 South I75 Business Loop,

Grayling, MI 49738

Munson Behavioral Health Center

989-344-5857

Located at the Grayling Community Health

Center—1250 E. Michigan Ave.,

Grayling, MI 49738

Viking Wellness Center

989-344-3540

Ages 10-21

Located inside Grayling High School - Room C309

1135 North Old 27, Grayling, MI 49738

River House, Inc.

989-348-3169

24 Hour Crisis Line: 1-888-554-3169

Domestic and Sexual Abuse Support

Marne Olli, MA, LLPC -

Counseling Services, LLC

989-350-0183

440 West Main Street, Ste B,

Gaylord, MI 49735

Monarch Center Counseling

989-225-1269

Middle and high school aged students preferred

4736 North Flint Road,

Roscommon, MI 48653

Great Northern Counseling

989-930-4610

Appointments can be made online at:

www.greatnortherncounseling.com

814 S. Otsego Avenue, Suite E,

Gaylord, MI 49735



Online Home Food Preservation Classes

Are you thinking about preserving food at home this summer? The MSU Extension invites you to learn safe home food preserving methods and find valuable resources to ensure the safety of your home preserved food. No matter what your home food preservation experience is these classes will allow you to learn the most current recommendations for safe home preserving and ask questions. Join in on all sessions or choose the topics that interest you.

Classes began in June but there are still several sessions left. This class is offered online via Zoom and take place at 1-2:30pm and 6-7:30pm on the following days:

- July 9—Pressure Canning
- July 16—Pickling
- July 23—Dehydrating
- July 30—Preserving Meat

To register online visit <https://events.anr.msu.edu/Preservation/>.

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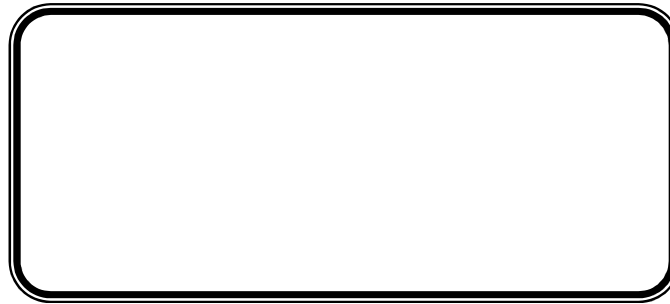
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director@crawfordcoa.org



Senior Project Fresh Farmers Market Nutrition Program Call to Schedule your Appointment!

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks. The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

The Crawford County Commission on Aging & Senior Center will again be hosting the Senior Project Fresh Farmers Market Nutrition Program this year. You may be eligible to receive \$20 worth of coupons to be used on fresh Michigan produce at participating Project Fresh markets which include the downtown Grayling Farmers Market and the Grayling Greenhouse. You must be a Crawford County resident and be age 60 or over with income below \$1,967 per month for a single household and \$2,658 per month for a two-person household.

Coupon distribution will take place on a first-come, first-served basis. If you feel you qualify and would like to participate in the program, please contact Tammy Findlay at the Commission on Aging at (989) 348-7123 to schedule an appointment. There will be no class this year – only one-on-one appointments by telephone. Participants will receive nutrition information and counseling about the various food programs available in Crawford County.



Senior Center Activities by Zoom!

The Crawford County Commission on Aging & Senior Center invites you to join us to play online games. The events would take place online using Zoom, a FREE easy-to-use website designed for video conferencing. Zoom can be used from any device including your phone, tablet, or computer as long as you have access to the internet, a camera, and microphone to participate in the activities.

These games can be played from the comfort of your own home while still interacting with friends and having fun! You do not need the physical board games to play. The most you will need to participate is a piece of paper, pencil, and dice.

Here are the games we have scheduled for July:

- July 6th at noon—Yahtzee
- July 13th at noon—Boggle
- July 20th at 2pm—Bingo

Join the fun, see your friends, and enjoy some bragging rights... if you're lucky!

If you have questions or are interested in participating, please email Kaitlyn at kgrieb@crawfordcoa.org to receive the Zoom link along with a password to enter the Zoom game room.

